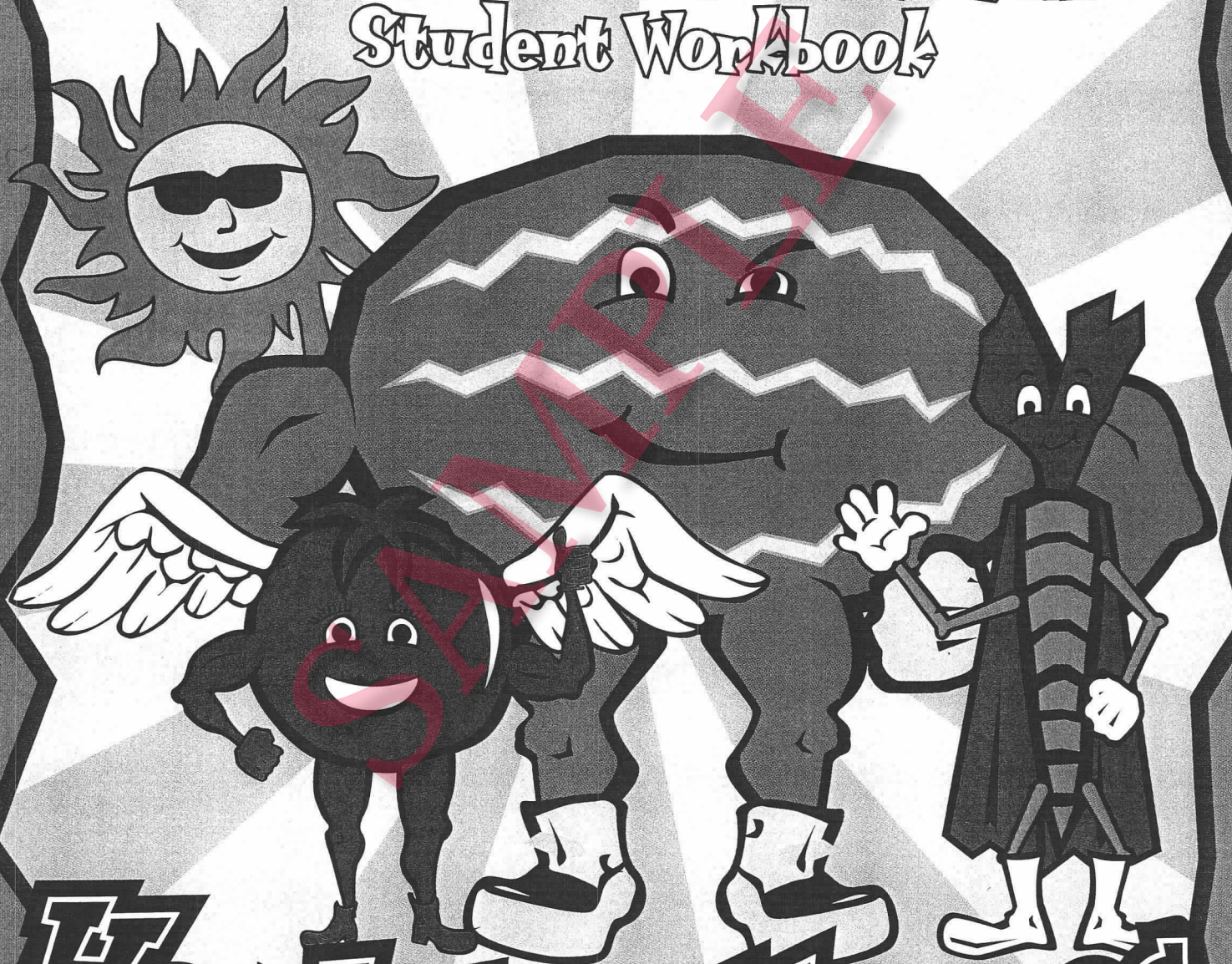


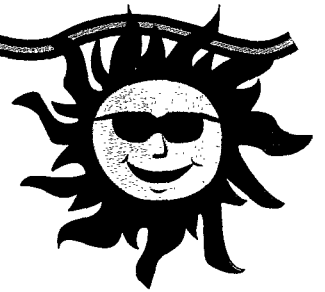
Bienestar Health Program

1st Grade Health Curriculum
Student Workbook



Healthy Heroes

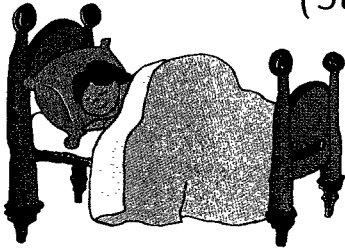
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	Explains how eating three healthy meals, eating healthy snacks, getting exercise and sleeping are all a part of good health.	
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	Defines diabetes and explains what happens in the body when a person has diabetes. Also discusses how diabetes can be controlled through diet and exercise.	
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Follow The Daily Path Song

(Sung to the tune "Mary had a Little Lamb")



*Follow the daily, daily path, daily path.
Follow the daily path, to a healthy life.*



*Eat your breakfast everyday, everyday, everyday.
Eat your breakfast everyday, to make your body go.*

*Move your body, Exercise, exercise, exercise.
Move your body. Exercise to make you big and strong.*

*Veggies are good snacks for you, snacks for you, snacks for you.
Veggies are good snacks for you. Eat some everyday.*

*Get a lot of sleep each night, sleep each night, sleep each night.
Get a lot of sleep each night so you can learn in school.*

*Follow the daily, daily path, daily path.
Follow the daily path, to a healthy life.*

